

Abstract of the Disclosure

The present invention provides a biofeedback system and method for the purpose of allowing a human subject to consciously synchronize one's rhythm of breathing with one's natural heart rhythm for purposes of maximizing

- 5 coherence of one's heart rate variability pattern and consequent enhancement of physiological/psychological well being. It accomplishes this by facilitating a biofeedback signal that indicates to the human subject precisely when to inhale and exhale such that the breathing cycle will achieve a high degree of alignment with the natural heart rate cycle. It also specifies an instructive
- 10 method for bringing a human subject to an adequately coherent heart rate variability pattern such that the preferred embodiment of the invention can be applied.